

MARCH 2017 - HOPEDALE SR. CENTER ACTIVITIES

(508)634-2208

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 10:00 am Safe Exercise 11:45 am Meditation	2 9:00 am Yoga 1:00 pm	3 10:00 am Arthritis Exercise Sr. Center closes @ 12:30 pm
6 PANERA BREAD 10:00 am Safe Exercise 11:30 am Lunch @ Sr. Center Meal: Chicken Salad & Soup 12:45 pm BINGO	7 9:00 am Yoga 1:00 pm Bridge	8 9:00 am Grocery Trip Market Basket 9:30 am Health Nurse 10:00 am Safe Exercise 11:45 am Meditation	9 9:00 am Yoga 11:30 am COA Monthly Lunch at Sr. Center Meal is: Cracker Crumb Fish on a Bun	10 10:00 am Arthritis Exercise Sr. Center closes @ 12:30 pm
13 PANERA BREAD 10:00 am Safe Exercise 12:45 pm St. Patrick's Day BINGO Party	14 9:00 am Walmart Trip 9:00 am Yoga 1:00 pm Bridge 1:00 pm Movie: Hacksaw Ridge	15 10:00 am Safe Exercise 11:45 am Meditation 11:30 am St. Patrick's Day Lunch "WEAR GREEN"	16 9:00 am Yoga 10:00 am Knitters 1:00 am COA Board Mtg.	17 10:00 am Arthritis Exercise Sr. Center closes @ 12:30 pm HAPPY ST. PATRICK'S DAY 
20 PANERA BREAD 10:00 am Safe Exercise 12:45 pm BINGO	21 9:00 am Yoga 1:00 pm Bridge	22 9:00 am Grocery Trip Market Basket 9:30 am Health Nurse 10:00 am Safe Exercise 11:45 am Meditation	23 9:00 am Yoga 9:00 am Trip to Twin River	24 8:30 am Podiatry Clinic By Appointment 10:00 am Arthritis Exercise Sr. Center closes @ 12:30 pm
27 PANERA BREAD 10:00 am Safe Exercise 12:45 pm BINGO	28 9:00 am Yoga 1:00 pm Bridge	29 10:00 am Safe Exercise Note: No Meditation Today 11:00 am Fuel Assistance Info. for Laurelwood Residents Laurelwood Meeting Room	30 9:00 am Yoga 1:00 pm Movie: Girl on a Train	31 10:00 am Arthritis Exercise Sr. Center closes @ 12:30 pm